

# Groups



## A new group adventure

The Rock Club was designed to host any kind of group climbing or adventure activity. In addition to the main walls our facilities include a fully enclosed climbing room with an observation deck. Our observation decks and climbing areas are linked by an elevated catwalk. Our private room has movable walls and audio/video facilities to accommodate any kind of event. Whether you want to add rock climbing to your summer camp program or want a new and exciting corporate team building activity, we can design a program to fit your needs!

## The Rock Club

130 Rhodes Street  
New Rochelle, NY 10801  
914-633-7625  
[www.climbrockclub.com](http://www.climbrockclub.com)



# Summer Camp Operators

Indoor climbing at The Rock Club is the perfect addition to your Summer Camp program! Everyone will have an exciting adventure that's fun for all ages and fitness levels. Our fully air-conditioned facility has ample space for groups and is available rain or shine.

Our summer rock climbing programming options range from 2 hours of supervised, fully-facilitated climbing, to a full day of organized activities including climbing, rappelling, group activities and climbing movies with lunch in our private party rooms. We can also schedule lessons and courses ranging from 3 weeks to a full summer! Our professional staff has many years of experience working with children and will ensure that every child has a great experience.

We would be very happy to speak with you about specific programming options that would suit your camp's needs. We offer attractive pricing with substantial discounts for groups and for multiple visits. Our summer schedule fills quickly so please give us a call soon to reserve your spot.





# Corporate & Team Building

Let The Rock Club host your next team building event. Our facility can accommodate groups ranging from 5 to 100 people and our programming can be fully tailored to suit the needs and objectives of your organization. Rock climbing is a great way to build trust between co-workers and allow everyone to overcome personal challenges and feel success. Participants can choose their own level of participation in each activity. All climbing and team building activities are facilitated by fully trained TRC staff members.

## Program Objectives:

- Increase team co-operation
- Develop communication skills among participants
- Establish trust between co-workers through shared challenges
- Cultivate self reliance, confidence, and self-esteem
- Promote responsibility
- Develop interpersonal, listening, and observation skills
- Realize individual strengths
- Develop confidence in problem solving capabilities

## What employees are saying:

"I overcame my fears and made it to the top with the help of my co-workers."

"I didn't know team-building could be so much fun."

"I left feeling a lot more confident in myself. I had no idea I could be such a great leader!"

## What employers are saying:

"We got the high quality experience at half the cost of previous team building workshops."

"Seeing our employees work together to solve problems and to accomplish group goals in a fun, social environment was just what we were looking for. I would recommend rock climbing and The Rock Club to anyone looking for a team building activity for their company."



# School and Rec Groups

Send your students to new heights at The Rock Club! Like most sports, climbing promotes general fitness and strength.

Climbing's unique benefits include:

- Promoting flexibility, balance and core strength
- Cultivating focus, patience and problem-solving skills
- Rewarding and empowering people through individual success and achievement
- Placing men and women on an even playing field

Climbing is a great activity for students of all ages and abilities and The Rock Club is the place to do it. All of the programs at TRC work to develop these skills while getting students active in a fun and exciting environment. TRC is the industry leader in the development of student programming and indoor experiential education. We are eager to explore how rock climbing might supplement your current programs or support your athletic and extracurricular activities.

Some possibilities include:

- Climbing as an elective or as a module within an existing class or activity program
- School clubs or teams
- School functions, field trips, parties, or events
- Experiential education and teambuilding activities
- Programming for special needs students
- Peer-Mentoring

Our school programming has no minimum group size requirement and is always available. Let us help you get your program going!

Indoor climbing is also an excellent phys ed activity for Home Schooling programs and Recreational Groups. We'll work with you to design a program that meets your needs and your budget.

Join these schools, universities and recreational groups and offer group climbing at The Rock Club!

92nd Street Y  
Albert Einstein Medical School  
Bronxville High School  
Brunswick School  
College of New Rochelle  
Eastchester Parks and Recreation  
Fordham University  
Fordham Women's Soccer  
French American School  
Greenberg Academy  
Greenwich Community Learning Program  
Greenwich High School Climbing Club  
Harrison Recreation  
Hudson County Montessori  
Iona Prep Climbing Club

Iona Women's Volleyball  
Jacqueline Kennedy Onassis HS  
JCC Manhattan  
JCC Mid Westchester  
King Low HS  
Lewisboro Parks and Recreation  
Lyceum Kennedy Elementary  
Mahopac MS  
Mamaroneck HS Adventure Club  
Manhattan College Outdoor Club  
Manhattanville College  
Martin De Porres HS  
Monroe College  
New Castle Recreation  
New Rochelle Boys and Girls Club  
New Rochelle HS  
North Shore Boys and Girls Club

Pleasantville Cottage School  
Rye Recreation Rye YMCA  
Rye Youth Council  
Salesian High School  
Sarah Lawrence  
Scarsdale High School  
St. Johns University  
St. Jude's School  
St. Hilda and St. Hughe's School  
SUNY Maritime  
Thorton Donovan  
Town of Bedford  
Town of Eastchester Rec  
Village of Mamaroneck Rec.  
White Plains YWCA  
Yonkers Christian Academy



# Church and Synagogue

Are you looking for something different to do with your kids? Bring your youth group in for a great team-building climbing adventure. It's a great way for people to get to know each better and to learn how to overcome challenges. We can host groups of almost any size. We offer a wide range of events from a 1 hour climb time to all night lock-ins.

We'll make sure your event is something everyone will remember! Some of the other groups who've made it to TRC include Calvary Church, Christ Church Choir, Church of Latter Day Saints, Grace Community Church, Noroton Presbyterian Youth Group, Rye Presbyterian Youth Group, Temple Israel, Westchester Jewish Center, Young Israel, and more!!

